Why are we sharing vegan food?

We want you to enjoy the flavor and well-being of a healthy vegan diet that reflects your desire to live a conscience life. A life that respects the dignity of all living beings, reduces animal suffering, helps slow climate change, protects our fresh water and oceans while supporting the health of you and your family.

What is a vegan person?

A vegan is anyone who respects all life and seeks to end the exploitation and suffering of all animals. Vegans eat a plant-based diet, with nothing coming from animals - no fish, poultry, meat, milk, eggs or honey. A vegan person also makes the effort to avoid using leather, wool, silk and other animal products for clothing or any other purpose. Many vegan people seek to enjoy whole organic meals cultivated and harvested by farm-workers who are treated with respect and paid a living wage. Most vegans also support efforts to protect the rights of all animals volunteering at sanctuaries, shelters, campaigns to stop genetically engineered crops, and support groups like Food Not Bombs, Farm Animal Rights Movement, PETA and their local vegan restaurants and grocery stores.

It's a healthy choice.

A vegan diet or plant-based diet can be balanced and can improve your health because it includes fruit, vegetables and whole grains that have less chemicals, cholesterol and saturated fat. Vegan diets can be rich in vitamins, antioxidants and fibre and can decrease the chances of suffering from many diseases such as heart disease, stroke diabetes, and many cancers.You can prepare or buy healthy vegan meals for everyone in your family from the youngest children to their great great grandparents and everyone in between. A vegan diet of whole foods is great for people of all races, cultures and genders. Many athletes thrive on a complete vegan diet. Everyone can enjoy a more plant based diet and experience the rewards of better health.

A vegan life style is a compassionate way of life.

Industrial agribusiness has taken animal suffering to un imaginable levels with millions of birds living tortured lives in tiny dark cages, cows forces by the tens of thousands in to filthy feed lots or even worse killed brutally soon after birth just because they are not profitable to the dairy industry. Millions of sheep, pigs, goats and other animals are treated as commodities suffering brutal lives shortened in unsanitary slaughter houses by the thousands. The meat industry claims that nearly 20,000 animals are slaughtered every minute in the U.S. alone. Along with the suffering of livestock thousands of animals are murdered for fur and leather or used in experiments. The crowded factory conditions are not only horrific for the animals but these conditions are responsible for the increase in food born illness, the increase failure of antibiotics, heart disease, pain and other conditions that lead to the suffering of many people who eat these products.

It's better for the environment.

A vegan life stye can be one of the most effective ways to protect the environment. The production of meat is a leading cause of climate change gasses. A University of Chicago study found that a 'typical' meat based diet in the United States generates the equivalent of nearly 1.5 tons more carbon dioxide per person per year than a vegan diet. The livestock industry is responsible for more than 18% of all global greenhouse gas emissions producing 90-million tons of carbon gas emissions through the use of fossil fuels each year along with causing over 8 % of the most deadly climate change gas methane. Even more than all cars, busses, planes and trains combined.

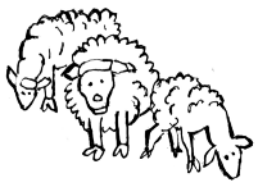
The founders of Food Not Bombs were moved by the details in Frances Moore Lappé's book *Diet for a Small Planet* which noted that a plant-based diet require around one third of the land and water needed to produce a typical meat based diet. points out that vegetables, grains, and fruits—properly balanced for amino acids—can provide more protein per acre than meat. Each 16 pounds of perfectly edible human food in the form of grain fed to cattle produce only one pound of beef. The 4.8 pounds of grain fed to cattle to produce one pound of beef for human beings. An acre of cereals produces five times more protein then an acre devoted to beef production.Scientists at Cornell ecologist report that the U.S. could feed 800 million people with grain that is fed to livestock. It takes 2,500 gallons of water, 12 pounds of grain, 35 pounds of topsoil and the energy equivalent of one gallon of gasoline to produce one pound of feedlot beef. Over 10 billion animals are raised on land for meat and dairy every year often destroying fragile eco systems. Because of over-harvesting of fish, all 17 of the world's major fishing areas have reached or exceeded their natural limits. One-third of the world's fish catch is fed directly to livestock. Animal agriculture is a chief contributor to water pollution. America's farm animals produce 10 times the waste produced by the human population. Many species of wild life are become extinct because of industrial farming and we are losing our rain forests to corporations like McDonalds and Burger King who require every increasing land to grow feed and graze cattle. Eating a more plant based diet is essential in our effort to protect our environment.

A vegan diet is delicious!

Many cultures have wonderful vegan dishes and also experience less health problems than the meat and dairy based diets. When Food Not Bombs first started to share vegan meals at our literature tables people mostly thought that our food was limited to India with their tasty vegetable curries and dhals or they may have know of Asian cuisine with tofu, tempeh and rice dishes but we found that enjoyable vegan meals could be found in every corner of the world and introduced to the public. Mediterranean meals of pastas, salads, hummus, babaghanoush or a Mexican meal with rice and beans on tortillas. The first Food Not Bombs group used the *Farm Cookbook, The Book of Miso, Laurel's Kitchen* and *The Moosewood Cookbook* to guide them in preparing healthy vegan meals.

We have many tasty vegan recipes and other resources in our new book *Hungry For Peace - How You Can Help End Poverty and War with Food Not Bombs*. Please get a copy today from our Food Not Bombs table or order on line at: www.foodnotbombs.net.

Food is a right, not a privilege...Solidarity not charity.



FOOD NOT BOMBS

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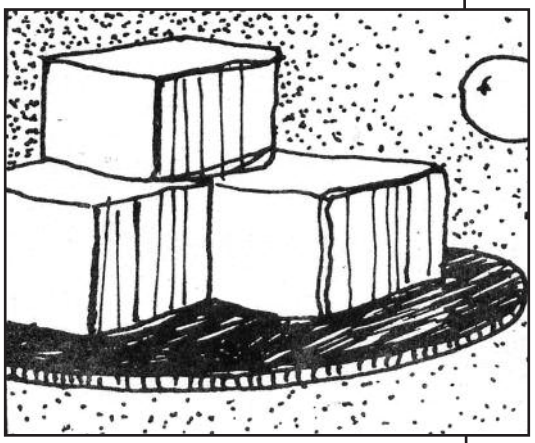
Tofu Sandwich Spread for 6



Makes: 6 sandwiches
Equipment: mixing bowl
Prep time: 2 hours
1/4 cup / 57 grams / 2 oz. — miso
1/4 cup / 60 ml. — water
1 cup / 250 ml. — tahini
2 lbs. / .9 klg. — crumbled tofu,
soft can be the best
2 lemons, juice of
Optional:
2 tsp. / 10 grams -— cumin or coriander
2 to 3 cloves crushed garlic
1 small onion -— diced
2 stalks (114 grams / 4 oz.) -— diced celery
1/8 cup / 28 grams / 1 oz. — Alaria, Dulse, Kelp,
Nori or other seaweed

In one bowl, mix the miso and water into a smooth paste, then add tahini to the mix (add additional water to make a smooth, creamy paste). Drain tofu of excess water and crumble by hand into the very large bowl. Squeeze the lemon juice over the tofu. Add miso/tahini mixture, and mix well. Add optional ingredients if desired, and spread on your favorite bread with lettuce, sprouts, and tomato slices.

Vegan tuna like tofu spread - crush seaweed into the tofu spread to give it a tuna like taste. You can use Alaria, Dulse, Kelp, Nori or any edible seaweed you happen to find. Harvesting seaweed your self can also be rewarding.

Tofu Sandwich Spread for 100

Makes: 100 sandwiches
Equipment: medium mixing bowl, very large mixing bowl
Prep time: 2 hours
3 cups/ 1 1/2 lbs. / 680 grams -— miso
3 cups/ 1 1/2 lbs. / 680 grams — water
8 cups / 2 liters — tahini
25 lbs. / 11. 35 kg. - crumbled tofu, firm can be the best
25 lemons, juice of
Optional:
2 tbsp. / 28 grams / 1 oz. -— cumin or coriander
1/2 cup / 113 grams / 4 oz. — garlic powder
8 cups / 4 lbs. / 1.8 kg. — diced onion
8 cups / 4 lbs. /1,8 kg. — diced celery
3 cups / 1 1/2 lbs. / 680 grams — Alaria, Dulse, Kelp,
Nori or other seaweed

The process is the same for making tofu spread for 100 as you would for 6 people. In the medium bowl, mix the miso and water into a smooth paste, then add tahini to the mix (add additional water to make a smooth, creamy paste). Drain tofu of excess water and crumble by hand into the very large bowl. Squeeze the lemon juice over the tofu. Add miso/tahini mixture, and mix well. Add optional ingredients if desired, and spread on your favorite bread with lettuce, sprouts, and tomato slices.

Vegan tuna-like tofu spread - crush seaweed into the tofu spread to give it a tuna like taste. You can use Alaria, Dulse, Kelp, Nori or any edible seaweed you happen to find. Again harvesting seaweed yourself can also be rewarding. It is important to stay clear from areas where the seaweed could be contaminated with oil, radiation or other toxins so your spread will be safe to enjoy.

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